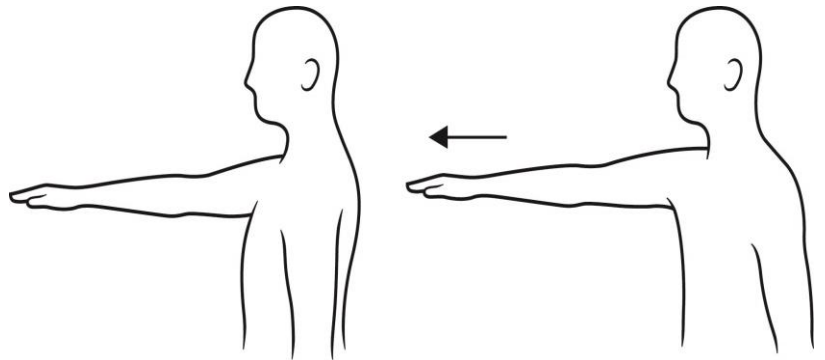


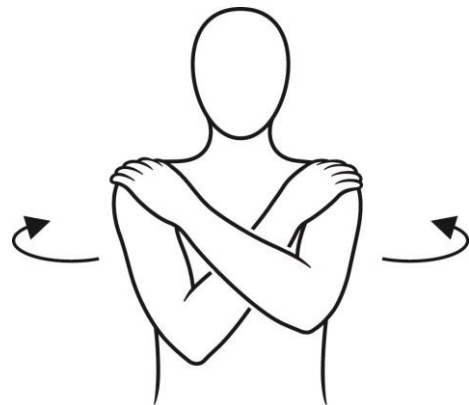
Advice following your latissimus dorsi breast reconstruction operation

In addition to the Set C exercises in your breast surgery booklet, **start these exercises 10 to 14 days after your operation.** They should be performed once a day.

1. In a sitting position, raise your affected arm in front of you and then without leaning, reach your arm forward as far as you can. Relax and then **repeat 5 times.**



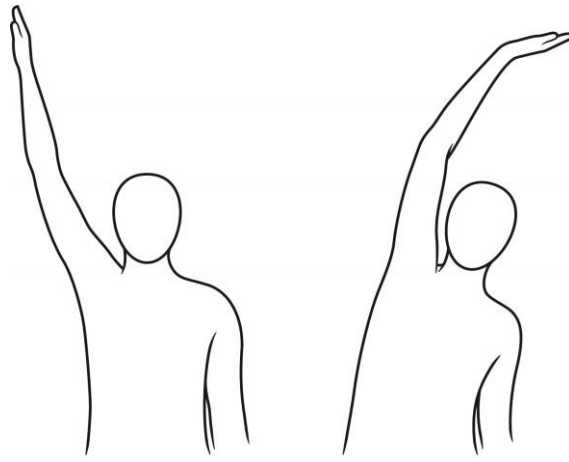
2. In a sitting position with your arms across your chest, rotate your body gently as far as you can to look over one shoulder. Hold for a count of 3 then relax. Repeat in the opposite direction. **Repeat the whole exercise 5 times.**



After six to eight weeks

In a standing position, raise your affected arm above your head and then lean over to the opposite side. Hold for a count of 3 then relax.

Repeat this exercise 5 times.



Advice following your breast reconstruction

If you find that your latissimus dorsi muscle still contracts when using your arm, then try to avoid activities which require either strong pushing up or pulling down with your arm. For example, getting out of the bath and heavy resisted arm movements.

Follow up

Please contact the Physiotherapy Department to make an appointment with a physiotherapist if you find that you are still having problems with:

- Trunk mobility (around the chest wall area)
- Shoulder problems – movement and / or arm strength
- Scar management.

Contact details

Physiotherapist

Chelsea

020 7808 2821 (answer phone)

Sutton

020 8661 3098 (answer phone)

Alternatively, please call:

The Royal Marsden Macmillan Hotline:

020 8915 6899

(available 24 hours a day, 7 days a week)

